

A1
connecting a stress relief device to a computer component of a workstation computer system, the stress relief device comprising a support and a contact element connected to the support; and
striking or squeezing the contact element to relieve workplace stress.

A2
3. (Amended) The method of claim 2, wherein the contact element is a punching bag and the method includes striking the contact element.

Sub
A3 ~~Box~~
6. (Amended) A method of relieving workplace stress, comprising the steps of:
mounting a stress relief device at a workplace operator station, the stress relief device comprising a support and a contact element movably mounted on the support; and
contacting the contact element to relieve workplace stress.

A4
10. (Amended) The method of claim 6, wherein the contact element is a punching bag and the method includes:
attaching the support to a computer monitor at the operator station such that the contact element is spaced from the monitor; and
striking the contact element to relieve or reduce stress.

Sub
A5 ~~Box~~
11. (Amended) An interactive computer-related stress relief device configured to be mounted on a computer component of a workplace computer system to relieve computer-related workplace stress of the computer operator, the device comprising:
a support connectable with the workplace computer component; and
a contact element connected to the support.

Sub
A5
16. (Amended) The device of claim 11, wherein the contact element is a punching bag.

17. (Amended) The device of claim 11, wherein the support is an elongated, rigid member having at least one connector configured to releasably engage at least one engagement element on the computer component, wherein the contact element is a

AS
punching bag and is movably connected to the support at a position spaced from the connector, and wherein the contact element includes a sound-producing device.

19. (Amended) A computer-related stress relief device configured to be mounted on a computer component at an operator station of a workplace computer system to relieve operator stress due to operation of the workplace computer system, the device comprising:

AS
a support having a connector that is releasably engageable with the computer component; and

AC
a punching bag contact element movably mounted on the support and spaced from the connector, the contact element including a sound-producing device and display indicia, the contact element configured to be contacted by a computer operator to relieve stress caused by operation of the workplace computer system.

20. (Amended) A workplace computer system, comprising:

a workstation having a computer component;

a support having a first end and a second end, with a connector located at or near the first end and connectable with the computer component; and

a punching bag contact element movably connected to the support at or near the second end, the contact element configured to be contacted by an operator of the workplace computer system to relieve workplace stress caused by operation of the computer system.

IN THE DRAWINGS:

Applicant submits herewith a drawing sheet showing proposed drawing corrections to Fig. 1 in red ink. Approval of the proposed drawing corrections is respectfully requested.